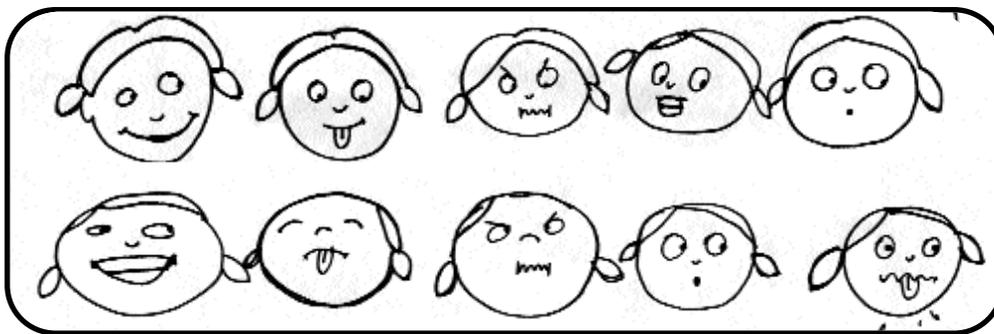


GETTING THOSE LIPS TOGETHER AND WORKING

Many children have lax lips. When they are at rest they sit open. The dribble seems to run over them. Some children have a retracted and short upper lip. Some children have teeth that stick out so their lips can't meet. If your child can't bring his/her lips together it is more difficult to swallow properly and this may result in dribbling. Try to make these exercises fun. Sometimes you can have team games.

Strengthening weak lips with exercises



- 1) Facial expressions for example, smiling, frowning, pulling faces in the mirror
- 2) Lip articulations mmmm bbbb ppppp, raspberries.

- 3) Play kissing games. Putting lipstick on the lips and leaving a kiss on a mirror or tissue (or any part of the body!) Blowing musical instruments e.g. harmonica, party whistles.
- 4) Blowing games such as blowing out candles(start with one candle and work up), puffing bits of tissue or table tennis balls across the table You can try blowing out your cheeks and pushing the air from one side to another. Use a mirror and see if you can get the child to copy.
- 5) Holding paper/spatulas etc. between lips. See how long they can hold them between their lips.
- 6) Sucking liquid up a straw. Start with a short straw. Clear plastic tubing may be easier to use rather than paper straws. Thicken the liquid e.g. thick shake to make it more difficult.
- 7) Play games that require sucking air up a straw in order to pick up a pea or bead at the end of the straw. See how many peas you can get into a container in 3 minutes.

